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Lue teksti

Rachel's typical day

Hi! My name is Rachel. I live in Singapore. You already know my brother, Lee. In the morning, I wake up around six o'clock and help my mother and dad make breakfast. Then I have a shower. For breakfast, I usually have a nice, big smoothie. I put orange and banana in it. I also like to have a cup of tea. But I never drink coffee. I hate it.

I go to school at half past seven. I like school. My favourite subjects are geography and crafts. I didn't like geography when I was younger, but now it is my favourite. Can you believe that? I like crafts because I like to do all kinds of things with my hands. And I'm not afraid of using a hammer or a saw, either! I don't like maths because my brother is so good at it.

At noon, that's 12 o'clock, we have lunch. I usually buy a salad and a piece of toast. I like tuna salad the most. They don't sell soft drinks at the school canteen so I just drink some water. Nothing wrong with that!

After school, I meet my friends. My best friend is Sarah. Her family is from Kenya but she is Singaporean. We walk from school together nearly every day. We also play tennis at weekends.

Before going to bed I take a moment to relax. I find a comfortable place where it is quiet. I don't listen to any music. I just close my eyes and breathe in and out deeply for about five minutes. I go to bed at exactly nine o'clock every night. I usually sleep around nine hours.